

## Recommended 2010 MW Long Course Meet Cuts

<u>Girls</u>					
	<u>8 &amp; U</u>	<u>9 - 10</u>	<u>11 - 12</u>	<u>13 - 14</u>	<u>15 &amp; O</u>
<b>50 Free</b>	00:54.79=	00:40.39=	00:34.79-	00:32.29+	00:31.69-
<b>100 Free</b>	02:06.79=	01:32.29+	01:17.29-	01:10.99=	01:08.99-
<b>200 Free</b>		03:22.59+	02:49.79-	02:35.89+	02:31.39-
<b>400 Free</b>			06:00.09=	05:33.79+	05:29.69-
<b>800 Free</b>			12:33.69=	11:41.99=	11:24.69-
<b>1500 Free</b>			24:12.39	22:23.09=	22:10.69=
<b>50 Back</b>	01:06.59-	00:49.59+	00:42.19-		
<b>100 Back</b>		01:48.59+	01:30.89-	01:24.29=	01:22.49=
<b>200 Back</b>			03:15.29=	03:01.09=	02:57.19-
<b>50 Breast</b>	01:16.29=	00:54.89=	00:45.59=		
<b>100 Breast</b>		02:01.69+	01:41.89=	01:35.99-	01:33.79-
<b>200 Breast</b>			03:40.59=	03:27.99+	03:20.89-
<b>50 Fly</b>	01:07.49=	00:48.59=	00:39.39=		
<b>100 Fly</b>		01:55.19=	01:30.79=	01:22.89=	01:19.79-
<b>200 Fly</b>			03:14.19=	03:02.29=	02:56.19=
<b>100 IM</b>					
<b>200 IM</b>	05:11.69=	03:46.49=	03:14.29-	02:58.39+	02:53.39-
<b>400 IM</b>			06:55.89=	06:31.09=	06:18.99=
<u>Boys</u>					
	<u>8 &amp; U</u>	<u>9 - 10</u>	<u>11 - 12</u>	<u>13 - 14</u>	<u>15 &amp; O</u>
<b>50 Free</b>	00:54.29=	00:40.19=	00:35.09-	00:31.39-	00:29.29-
<b>100 Free</b>	02:03.99=	01:31.09=	01:17.39=	01:09.69-	01:04.49-
<b>200 Free</b>		03:13.99=	02:47.79=	02:33.29-	02:23.89-
<b>400 Free</b>			05:54.39=	05:27.99=	05:11.49-
<b>800 Free</b>			12:28.59=	11:21.79=	10:51.59-
<b>1500 Free</b>			24:05.29=	21:35.29=	20:49.49=
<b>50 Back</b>	01:09.39=	00:50.09=	00:41.19=		
<b>100 Back</b>		01:45.69=	01:31.39=	01:20.59=	01:15.99-
<b>200 Back</b>			03:11.09=	02:54.09=	02:43.79-
<b>50 Breast</b>	01:15.49=	00:55.09=	00:47.09=		
<b>100 Breast</b>		01:59.79=	01:40.89=	01:28.09=	01:26.19-
<b>200 Breast</b>			03:37.49=	03:17.19=	03:08.79=
<b>50 Fly</b>	01:04.59=	00:46.89=	00:39.59=		
<b>100 Fly</b>		01:53.19=	01:29.49=	01:16.99=	01:12.19-
<b>200 Fly</b>			03:13.39=	02:51.99=	02:42.19=
<b>200 IM</b>	05:05.89=	03:44.79=	03:13.89=	02:55.99=	02:44.59-
<b>400 IM</b>			06:51.69=	06:13.19=	05:54.39=